

What's Your 5-2-1-0 Score?

Answer these easy questions to get a better look at your child's healthy habits. If you're the kid, answer for yourself!



1. How many servings of fruits and veggies does your child eat a day?
(1/2 cup of raw veggies or 1 medium sized piece of fruit = 1 serving)

____ Less than 1 serving (1 pt.)

____ 1-2 servings (2 pts.)

____ 3-4 servings (3 pts.)

____ 5 or more servings (4 pts.)

2. How often does your child drink sweet drinks (soda, sweet tea, sports drinks, fruit juice) in a day?

____ 3 or more a day (1 pt.)

____ 2 a day (2 pts.)

____ 1 a day (3 pts.)

____ Not very often (4 pts.)

3. How many 8-ounce cups of water does your child drink in a day?

____ Less than 1 cup (1 pt.)

____ 1 cup (2 pts.)

____ 2 cups (3 pts.)

____ 3 cups or more (4 pts.)

4. How many minutes a day is your child active?

____ Not that often (1 pt.)

____ Less than 30 minutes a day (2 pts.)

____ 30-60 minutes a day (3 pts.)

____ More than 60 minutes a day (4 pts.)

5. How much time does your child spend watching TV, or using a tablet, phone or similar item in a day?

____ More than 3 hours (1 pt.)

____ 2-3 hours (2 pts.)

____ 1-2 hours (3 pts.)

____ 1 hour or less (4 pts.)

Great job! Add up the points from each question to get your 5-2-1-0 score.

5-10 = Sidekick: Great start! You're on the right path. By eating the right foods and being more active, you can become the hero you're meant to be. Follow 5-2-1-0 to start making healthy habits!

11-15 = Hero: Wow – you're making great strides toward leading a healthy life! With a little help, you'll be at superhero level in no time. Follow 5-2-1-0 for even better choices!

16-20 = Superhero: You're a health superhero! Keep up the great work. And visit the 5-2-1-0 website for even more ways to be healthy!